

Soft Tissue, Bone Healing and Pain Relief

As a writer and consultant for many years in the field of holistic health and electro-medicine, I have seen-and used-many excellent devices based on light, sound, magnetism, and electricity. I much prefer such devices to allopathic treatment, since they are non-invasive and constantly prove to be highly effective for many conditions ranging from soft tissue injury to infectious diseases. When I come across equipment that really impresses me, I like to let people know about it. The LazrPulsr is one such device.

In February 2005, I injured my lower back by being much too enthusiastic with a difficult yoga position (the plough). My back was in such spasm, I was unable to lie down on a chiropractic table without assistance, and without crying in pain. My walking was slowed to a crawl. There was so much pain and stiffness in my back, I could barely rotate my spine for routine movements such as sitting, standing from being seated, turning, and lifting. It would be hard for me to name a movement that **wasn't** affected by this injury. Most of us take our spine for granted; and until this occurred, I had no idea how many fine as well as gross motor movements could be affected by muscle spasm.

The LazrPulsr could not have come at a better time. I used the settings for deep bruising, healing, and pain. After two 5-minute treatments in the same day, I was able to lie down to receive chiropractic care with much less discomfort. After 4 days, I was able to respond favorably to additional treatments that previously had had little or no effect: therapeutic doses of anti-inflammatory enzymes, and the Scenar. Did results with the LazrPulsr invalidate these other modalities? No. But the laser was simply what I needed at that particular time. I continued to use the laser for my neck and lower back, as needed. Each time, the session durations are shorter, the relief is felt more quickly, and the periods between each session are longer.

Several days after the most dramatic results with my back injury, my companion, Paul, was a passenger in a bus that slid on some ice and landed in a ditch. He usually is not prone to either back pain or verbalizing how he feels, but this time his back was really bothering him and he was quite vocal about it. Our chiropractor confirmed the possibility of his tailbone being bruised. On Paul's skin right at the sacrum, the blood vessels had obviously broken, indicating swelling and injury much deeper into the tissues. Using the settings for deep bruising and healing, I gave Paul three 10- or 15-minute sessions with the LazrPulsr. After the first session, I saw the black and blue mark on his lower back markedly reduce. A couple of days after the third session, Paul said he felt well again. By now, the bruise was almost invisible.

A short while later, my friend Linda fractured her wrist. She was in quite a bit of pain, as much of the swelling now was compounded by a cast that was too tight. I used both the Scenar and the LazrPulsr, with dramatic results. The Scenar, applied to her hand, substantially reduced the swelling in 45 minutes. Then the LazrPulsr was used to help alleviate any residual swelling and to encourage the bone to knit together. Since the laser is powerful enough to penetrate the cast, we shone it above the area of the fracture. The settings used were for bone healing and pain. The session was repeated several days later. Shortly after that, Linda used the laser exclusively for a week when I went on an extended trip to teach a seminar. On my return, she reported considerable relief and increased hand and wrist mobility. Soon afterwards, Linda was able to have the cast removed, much to the surprise of her physician who said he had never seen a

fracture heal so quickly in someone over 40 years of age.

The universe gave me many opportunities to test this device. Later that same month, my acupuncturist friend, Pat, told me that her wrist had been bothering her for some time. As you can imagine, this was a serious professional liability, since she uses her hands constantly in her practice. Interestingly, acupuncture was not sufficient to reduce the swelling and soreness in her ligaments and tendons. Partly due to time constraints and partly based on intuition, we opted to use the laser only. A twenty minute treatment, using the settings for pain and healing was enough to make my friend a believer in this technology. Her pain was so reduced, she was able to use her hand and wrist normally. By the next day, her pain was completely gone. So far, it has not returned.

There are so many features about the LazrPulsr that I like: it is portable and lightweight, simple to operate, easy to program, and versatile. I look forward to using this device to its optimal capacity, and expect to have many more successes with it in the future. Finally, lasers are being acknowledged for their ability to provide pain relief and cell regeneration support. I strongly urge health professionals to investigate this modality with an open mind. The next person you need to treat might not be your client, but you.

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